

Recreation Programs Fall 2017

CITY OF LAKE FOREST

September, October, November

Leisure Times



HALLOWEEN'S EVE BOWL JAM

Saturday, October 21 • 5-10 pm



LEISURE TIMES INDEX

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Community Services Fall Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

**City Hall will be closed on the following holidays:
(No classes will be held on these dates.)**

- Monday, September 4 (Labor Day)
- Thursday, November 23 (Thanksgiving Day)
- Friday, November 24 (in observance of Thanksgiving Holiday)

City Hall is now open every Friday from 8 am-5 pm to serve you better!
Monday through Thursday hours remain at 8 am-6 pm.

For general questions regarding Community Services Programs, visit
www.lakeforestca.gov. You can also register for programs even on closed days.
Visit our online registration at online.activecommunities.com/lfreconline.



Contact Information

City Hall 461-3400

Community Services 461-3450
Etnies Skatepark
of Lake Forest 916-5870
www.etnies skatepark of lake forest.com
Lake Forest Sports Park &
Recreation Center 273-6960
Lake Forest Teens 273-6961
www.LFteens.com
Lake Forest Seniors 461-3408
www.lakeforestca.gov/seniors
Saddleback Emeritus
Registration 582-4835
IVC Emeritus Registration . 451-5555
SVUSD
Recreation 768-0981, press 3
Building Inspection 461-3470
City Clerk 461-3420
City Council 461-3420
City Manager's Office . . . 461-3412
Community
Policing Center 461-3548
Economic
Development. 461-3567
Employment Hotline 461-3566
Fields Hotline 461-3595
Graffiti Hotline 461-3583
Public Works. 461-3480



CITY SPECIAL EVENTS



Haunt at Heritage Hill

Dare to be a part of the 10th annual Haunt at Heritage Hill, with a double dose of fright! The park will once again transform into a Haunted Adventure. This Halloween teen/adult friendly event will include: The Haunted School House Fright Maze, scream zones including The Joker's Side Show Maze, and the return of "Backwoods Nightmare," featuring more monsters than ever. Be sure to hit the dance floor with ghouls and goblins for our extreme DJ and light show. There will also be screenings of classic horror films and guest appearances. Feel free to join in the fun and come dressed as your favorite character or in costume, but **no masks please**. Be the first in the know and get the inside scoop at facebook.com/LFhaunt. There will be special announcements and chances to win prizes. Be ready to have fun, be ready to be scared, be ready to laugh, be ready to scream, but please be ready!

Fee: \$8 per person

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door evening of the event.

For more info call: The Recreation Center at 273-6960

| | | | |
|---------------------------------------|---------------|------------|----------------------|
| Ages 12+ (5th grade and older) | Oct 13 | Fri | 6:30-10:30 pm |
| | Oct 14 | Sat | 6:30-10:30 pm |



Bunco or Bust

Halloween Bunco Wear Black & Orange

Halloween Bunco is new! Appetizers will be spooktacular! If you have never played Bunco, we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest City Hall (25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|-----------------------|------------------------|---------------|------------|------------------|
| Barcode#: 8229 | Adults/Seniors | Sep 22 | Fri | 7-9:30 pm |
| | Halloween Bunco | Oct 27 | Fri | 7-9:30 pm |



Autumn Harvest Festival

The Halloween adventure arrives early this year at the Autumn Harvest Festival. The park will once again be costumed and dressed as an adventure filled festival. Some of the attractions will include The Indiana Jones Trick or Treat Stations, The Under the Sea Adventure Maze, "Harry Potter" School House, and Storytelling Adventures. The adventure does not stop there because there will be games, face painting, costume parade on stage, the ever popular "Lake Forest All Stars Glow Party", Princess Pumpkin Patch and a movie screening of "The Great Pumpkin Charlie Brown." Don't forget to stop by and see Nectar and all his friends in their stage show. So come ready in costume with trick or treat bag in hand as the adventure will take you places beyond your imagination.

Fee: \$5 Adults & Children ages 2 and older

Location: Heritage Hill Historical Park
(25151 Serrano Rd)

To Register: Pay at the door day of the event.

For more Info call: The Recreation Center at 273-6960

| | | | |
|-----------------|--------------|------------|---------------------|
| All Ages | Oct 7 | Sat | 4:30-8:30 pm |
|-----------------|--------------|------------|---------------------|



YOUTH



Kids' Factory – SVUSD

Kids' Factory is a drop-in recreation program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. All activities are held outdoors and are subject to cancellation due to unfavorable weather conditions. Check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff

Fee: \$50/entire school year

Locations: Foothill, Gates, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada, Santiago

To Register: Please visit communityservices.svUSD.org or register on-site by check or credit card. Registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 1

Grades K-6

Sep 5-Jun 1

Mon-Fri

Times vary depending on school dismissal.



TEEN ACTIVITIES & EXCURSIONS

THE Lounge

*Starts on
Monday,
August 28!*

A program just for Lake Forest residents. Join us for the most fun and exciting afterschool program around ... The Lounge! We have an X-Box One, movies, games, a computer lab, homework help and so much more. Shuttle service is available from both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Friday for the entire school year excluding school holidays.

In-person pre-registration is required for the upcoming 2017-2018 school year.

***Students must be Lake Forest residents to register for this program. Proof of residency is required. (i.e. driver's license, utility bill, etc.)**

Fee: \$50 per school year

Location: The Teen Lounge at the Lake Forest Recreation Center (28000 Rancho Parkway)

For more info call: 273-6960 or email mvillasenor@lakeforestca.gov

To Register: In person at the Lake Forest Recreation Center.

Barcode#: 8114 Intermediate School 2017-2018 School Year Mon-Fri

"Last Fridays" Lounge Nights

Join us at the end of every month and celebrate Last Fridays! Give your parents a night off and celebrate good times with friends at the Recreation Center and Teen Lounge! There will be video games, dinner and snacks, movie screenings, music, activities and maybe even surprise guest entertainers! Cool prizes will also be raffled away! These will be Friday nights you won't want to miss! Discount is given to participants who pre-register.

Fee: \$5 per person per Friday-pre-registered
\$7 per person per Friday-at the door

Location: Lake Forest Recreation Center (28000 Rancho Parkway)

For More Info Call: 273-6975 or email mvillasenor@lakeforestca.gov

To Register: Online, Mail-In, Walk-In

Barcode#: 8587 Teens 11-14 Sep 29 – Glow Night Fri 6- 9:30 pm

Barcode#: 8588 Teens 11-14 Oct 27 – Costume Night Fri 6- 9:30 pm

FALL EVENTS AT A GLANCE

| DATE | TIME | EVENT | LOCATION | FEE |
|---------------------------------|---------------|---------------------------------|---------------------------------|----------------|
| Wed., Sep. 20 | 10 am-12 pm | Senior Resource Fair | Lake Forest City Hall | Free to attend |
| Fri., Sep. 29 | 6-10 pm | "Friday Fever" | Etnies Skatepark of Lake Forest | \$5 entry fee |
| Sat., Oct. 7 | 4:30-8:30 pm | Autumn Harvest Festival | Heritage Hill Historical Park | \$5 per person |
| Fri., Oct. 13 and Sat., Oct. 14 | 6:30-10:30 pm | Haunt at Heritage Hill | Heritage Hill Historical Park | \$8 per person |
| Sat., Oct. 21 | 5-10 pm | Hallow's Eve Bowl Jam | Etnies Skatepark of Lake Forest | \$20 entry fee |
| Fri., Oct. 27 | 6-8 pm | Special Needs Game Night | Lake Forest Recreation Center | Free to attend |
| Fri., Oct. 27 | 6-10 pm | "Friday Fever" | Etnies Skatepark of Lake Forest | \$5 entry fee |

For more info call 461-3450, 273-6960, or visit our website at www.lakeforestca.gov

For up-to-date info on City special events, check out facebook.com/LakeForestEvents and follow us on Twitter



Save These Winter Dates!

❄️ **Northpole Calling**
December 5-7

❄️ **Breakfast and Brunch with Santa**
Saturday, December 2

❄️ **SnowFest**
January 27, 2018

❄️ **Holiday Hoopla
Rockin' Winter Camp**
Week 1: December 26-29
Week 2: January 2-5

❄️ **Winter Break
Teen Adventure Camp**
Week 1: December 26-29
Week 2: January 2-5



Knott's Scary Farm

Join us this year at Knott's Scary Farm for another year of the world's first, biggest and most famous theme park Halloween event! This is the original, in-your-face LIVE Halloween experience-- a 160-acre living scary movie filled with 12 chilling mazes, 6 hair-raising shows, 4 horrific scare zones and 1,000 monsters roaming the park. Trip includes dinner, admission to park, and transportation. Grab your friends and sign up for this fun frightening experience today!

Fee: \$50 – Resident
\$55 – Non-Resident

Location: Lake Forest Community Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: 273-6975 or email mvillasenor@lakeforestca.gov

Barcode#: 8752 11-16 yrs Oct 20 Fri 5:30 pm-12:30 am



A.C.T. (Advisory Committee for Teens)

Are you in middle school or high school and want to make a difference in your community? Then get ACTive in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, volunteer for City events, and be a voice for your community. The committee meets twice a month and does service projects throughout the year. This prestigious group helps to give students real world experience and service hours for college applications. This is a year-long commitment volunteer group. Teens wishing to be a part of the group must attend a meeting and go through the application process that includes a registration packet and interview.

Location: The Lake Forest Recreation Center
(28000 Rancho Parkway)

For more info call: 273-6975 or email mvillasenor@lakeforestca.gov

Fall Committee Meeting nights:

| | | | |
|-------|--------|-----|--------|
| Teens | Sep 7 | Thu | 6-7 pm |
| Teens | Sep 21 | Thu | 6-7 pm |
| Teens | Oct 5 | Thu | 6-7 pm |
| Teens | Oct 19 | Thu | 6-7 pm |
| Teens | Nov 2 | Thu | 6-7 pm |
| Teens | Nov 16 | Thu | 6-7 pm |
| Teens | Nov 30 | Thu | 6-7 pm |

**Parks
Make
Life
Better!**

LAKE FOREST SPORTS PARK & RECREATION CENTER

The Lake Forest Sports Park & Recreation Center Gymnasium spreads 27,000 square feet with two hardwood floored basketball courts and two volleyball courts.

Stop by Open Gym times for a game of basketball or volleyball! Free for Residents and Commercial Residents. Open Gym membership for non-residents is \$100 for the calendar year or a \$5 daily pass.



Basketball:

| | |
|---------------|----------------------------------|
| Monday-Friday | 11 am-1 pm |
| Monday | 6:30 pm – 9:30 pm (30 and older) |
| Friday | 6:30 pm – 9:30 pm |
| Saturday | 2 pm – 6 pm |
| Sunday | 2:30 pm – 5:30 pm |

Volleyball:

| | |
|----------|-------------------|
| Saturday | 6:30 pm – 9:30 pm |
| Sunday | 10 am – 2 pm |

Pickleball:

| | |
|----------|--------------------|
| Tuesday | 8:30 am – 10:30 am |
| Thursday | 8:30 am – 10:30 am |

Futsal Soccer:

| | |
|----------|-------------------|
| Thursday | 6:30 pm – 9:30 pm |
|----------|-------------------|

- All participants must be over the age of 14 or accompanied by a parent/guardian.
- A photo I.D. is required each time a participant attends Open Gym activities.
- No food or drink is allowed inside the gymnasium.
- Basketballs and volleyballs can be rented out for the exchange of an I.D.

Looking to connect with us?

Follow us on these social media platforms:



facebook.com/lfsportspark



lakeforest_sportspark

Use #Lakeforestsportspark when posting your pictures and your picture may be reposted on one of our social media platforms.

RECREATION CLASSES

Preschool Programs

Mickey's Schoolhouse Preschool Class

New

Welcome back to school! Get ready to learn and have fun as we head back to school with Mickey and his friends. Every Friday will feature a story, songs, crafts, games and a snack. Meet your friends for fun at Mickey's Schoolhouse! Parent Participation is required.

Instructor: City Staff

Fee: \$30 per person – Resident
\$35 per person – Non-Resident
(4 class sessions)

Location: Lake Forest Sports Park and Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8364 2-5 yrs Sep 8-29 Fri 10-11 am

Hocus Pocus Halloween Costume Party

New

All the little ghosts, goblins, witches, and pumpkins are invited to this frightfully fun costume preschool party. There will be ghoulish games, spooky songs, creepy crafts, and a not-so-scary story. Your little one is in for a treat, and that's no trick! Don't forget to dress up in your favorite costume. Get ready for a wicked good time! Parent Participation is required.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1 time workshop)

Location: Lake Forest Sports Park and Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8365 2-5 yrs Oct 27 Fri 10-11 am



Turkey and Pie, Oh My! Preschool Party

New

Gobble, Gobble! It's turkey time! We're celebrating fall the best way of all – with pie! Get ready to fill up on fun with games, songs, crafts, and stories. Not to mention a treat you're sure to be thankful for. Parent Participation is required.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1 time workshop)

Location: Lake Forest Sports Park and Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8366 2-5 yrs Nov 17 Fri 10-11 am



Registration for
preschool programs
begins on Tuesday,
August 8 for
Lake Forest
residents!

Youth

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 4 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun.



Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$158 – Resident
\$163 – Non-Resident

(10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$42 fee payable to instructor is required at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

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|-----------|------|-------------|---------------|-----|----------------|
| Barcode#: | 8386 | Birth-4 yrs | Sep 11-Nov 13 | Mon | 9-10:15 am |
| Barcode#: | 8387 | Birth-4 yrs | Sep 12-Nov 14 | Tue | 4:30-5:15 pm |
| Barcode#: | 8388 | Birth-4 yrs | Sep 15-Nov 17 | Fri | 10:30-11:15 am |
| Barcode#: | 8389 | Birth-4 yrs | Sep 16-Nov 18 | Sat | 9:15-10 am |

Reading Readiness Program

Learn to read before starting kindergarten through this phonetics curriculum program with daily activities in a group setting. Bring a healthy snack. No parent participation required.

Instructor: Nabila Ragoonwala

Fee: \$249 – Resident
\$254 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

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|-----------|------|---------|--------------|---------|------------------|
| Barcode#: | 8545 | 3-6 yrs | Sep 6- Oct 2 | M, W, F | 9:30 am-12:30 pm |
| Barcode#: | 8546 | 3-6 yrs | Oct 4- 30 | M, W, F | 9:30 am-12:30 pm |
| Barcode#: | 8547 | 3-6 yrs | Nov 1- 27 | M, W, F | 9:30 am-12:30 pm |

Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreonline

Pee Wee Gymnastics

This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. FREE open play when you are signed up in a gymnastics class.

Instructor: Us Too Center Staff

Fee: \$65 – Resident
\$70 – Non-Resident
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|------------|---------------|-----|-------------------|
| Barcode#: | 8548 | 1-2 yrs* | Sep 11- Oct 2 | Mon | 10-10:45 am |
| Barcode#: | 8549 | 3-4 yrs** | Sep 11- Oct 2 | Mon | 11-11:45 am |
| Barcode#: | 8550 | 1-2.5 yrs* | Sep 5- 26 | Tue | 10-10:45 am |
| Barcode#: | 8551 | 3-4 yrs** | Sep 5- 26 | Tue | 11-11:45 am |
| Barcode#: | 8552 | 1.5-3 yrs* | Sep 6- 27 | Wed | 10-10:45 am |
| Barcode#: | 8553 | 4-5 yrs** | Sep 6- 27 | Wed | 2-2:45 pm |
| Barcode#: | 8554 | 1.5-3 yrs* | Sep 7- 28 | Thu | 11:30 am-12:15 pm |
| Barcode#: | 8555 | 1-2 yrs* | Oct 9-30 | Mon | 10-10:45 am |
| Barcode#: | 8556 | 3-4 yrs** | Oct 9-30 | Mon | 11-11:45 am |
| Barcode#: | 8557 | 1-2.5 yrs* | Oct 10-31 | Tue | 10-10:45 am |
| Barcode#: | 8558 | 3-4 yrs** | Oct 10-31 | Tue | 11-11:45 am |
| Barcode#: | 8559 | 1.5-3 yrs* | Oct 11-Nov 1 | Wed | 10-10:45 am |
| Barcode#: | 8560 | 4-5 yrs** | Oct 11-Nov 1 | Wed | 2-2:45 pm |
| Barcode#: | 8561 | 1-2 yrs* | Nov 6-27 | Mon | 10-10:45 am |
| Barcode#: | 8562 | 3-4 yrs** | Nov 6-27 | Mon | 11-11:45 am |
| Barcode#: | 8563 | 1-2.5 yrs* | Nov 7-28 | Tue | 10-10:45 am |
| Barcode#: | 8564 | 3-4 yrs** | Nov 7-28 | Tue | 11-11:45 am |
| Barcode#: | 8565 | 1.5-3 yrs* | Nov 8-29 | Wed | 10-10:45 am |
| Barcode#: | 8566 | 4-5 yrs** | Nov 8-29 | Wed | 2-2:45 pm |

* Mommy & Me classes: parent participation required

**Transition class: Kids advanced enough to not need parent participation

Junior Flame Gymnastics

This transition class places the emphasis on developing specific gymnastics skills through progressive activities: tumbling, vaulting, bars, balance beam, rings, p-bars, and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$70 – Resident \$87.50 – Resident
\$75 – Non-Resident \$92.50 – Non-Resident
(4-week sessions) (5-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|---------|----------|-----|--------------|
| Barcode#: | 8567 | 5-6 yrs | Sep 6-27 | Wed | 2:30-3:25 pm |
| Barcode#: | 8568 | 5-6 yrs | Oct 2-30 | Mon | 6:30-7:25 pm |
| Barcode#: | 8569 | 5-6 yrs | Oct 4-25 | Wed | 2:30-3:25 pm |
| Barcode#: | 8570 | 5-6 yrs | Nov 6-27 | Mon | 6:30-7:25 pm |
| Barcode#: | 8571 | 5-6 yrs | Nov 1-29 | Wed | 2:30-3:25 pm |

Gymnastics - Girls Fire Academy

Basic skills, progressions, strength and flexibility are included. Instruction on vault, bars, balance beam, floor exercise, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$90 – Resident \$112.50 – Resident
\$95 – Non-Resident \$117.50 – Non-Resident
(4-week sessions) (5-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | |
|----------------|----------|----------|-----|-----------|
| Barcode#: 8573 | 7-12 yrs | Sep 6-27 | Wed | 2-3:30 pm |
| Barcode#: 8574 | 7-12 yrs | Oct 2-30 | Mon | 6:30-8 pm |
| Barcode#: 8575 | 7-12 yrs | Oct 4-25 | Wed | 2-3:30 pm |
| Barcode#: 8576 | 7-12 yrs | Nov 6-27 | Mon | 6:30-8 pm |
| Barcode#: 8577 | 7-12 yrs | Nov 1-29 | Wed | 2-3:30 pm |

Gymnastics - Boys Fire Academy

Instruction included on tumbling, vault, P-bars, high bar, rings, pommel horse, tumble track and trampoline.

Instructor: Wildfire Gymnastics Staff

Fee: \$90 – Resident \$112.50 – Resident
\$95 – Non-Resident \$117.50 – Non-Resident
(4-week sessions) (5-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

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|----------------|----------|----------|-----|-----------|
| Barcode#: 8579 | 7-12 yrs | Oct 2-30 | Mon | 6:30-8 pm |
| Barcode#: 8580 | 7-12 yrs | Nov 6-27 | Mon | 6:30-8 pm |



Beginning Tumbling

Students will use the trampoline, tumble tramp and spring floor. Strength and flexibility training are also incorporated into the classes. Emphasizes fundamentals.

Instructor: Wildfire Gymnastics Staff

Fee: \$52.50 – Resident \$70 – Resident
\$57.50 – Non-Resident \$75 – Non-Resident
(3-week sessions) (4-week sessions)

Materials Fee: Annual \$24 insurance fee per child payable at Wildfire Gymnastics

Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

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|----------------|----------|----------|-----|-------------------|
| Barcode#: 8590 | 7-17 yrs | Sep 9-30 | Sat | 11:30 am-12:30 pm |
| Barcode#: 8591 | 7-17 yrs | Oct 7-28 | Sat | 11:30 am-12:30 pm |
| Barcode#: 8592 | 7-17 yrs | Nov 4-18 | Sat | 11:30 am-12:30 pm |

Princess Ballet

Enjoy all your favorite songs and stories in this special edition Princess Ballet class this session. Young dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and fantasy and lots of encouragement. Princess ballerinas will use props, wear princess tutus, hear stories from the 'Under the Sea' series and dance to songs from your princess favorites, including our old friends from under the sea and our new princess from the Polynesian islands! Class also promotes listening skills, coordination, balance and musicality. Visit ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|----------------|---------|-----------------|---------------|-----|-----------|
| Barcode#: 8754 | 3-5 yrs | "Under the Sea" | Sep 9-Oct 14 | Sat | 9-9:45 am |
| Barcode#: 8755 | 2-4 yrs | "Cinderella" | Sep 11-Oct 16 | Mon | 9-9:45 am |
| Barcode#: 8756 | 3-5 yrs | "Under the Sea" | Oct 21-Dec 9 | Sat | 9-9:45 am |
| Barcode#: 8757 | 2-4 yrs | "Cinderella" | Oct 23-Dec 4 | Mon | 9-9:45 am |

*No class 11/11, 11/20, 11/25

Save Time!

Register for our programs
online at

online.activecommunities.com/lfreconline



Preschool Ballet and Tap

Our littlest dancers will be introduced to the world of beginning tap, jazz and ballet movements and terminology while incorporating kinder-ready skills such as color and number recognition. Class also includes developing spatial awareness, rhythm and listening skills. Ballet and tap shoes required. Visit www.ocdanceproductions.com for more information on class and recital.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8377 3-5 yrs Sep 11-Oct 16 Mon 9:50-10:35 am

Barcode#: 8378 3-5 yrs Oct 23-Dec 4 Mon 9:50-10:35 am

*No class 11/20

Ballet, Jazz & Tap Combo

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping and beginning jazz dance. Class also promotes musicality, coordination, balance and grace. Ballet and tap shoes required. Visit www.ocdanceproductions.com for more information on class and recital.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8413 3-5 yrs Sep 9-Oct 14 Sat 9:50-10:35 am

Barcode#: 8414 3-6 yrs Sep 12-Oct 17 Tue 4:20-5:05 pm

Barcode#: 8415 3-5 yrs Oct 21-Dec 9 Sat 9:50-10:35 am

Barcode#: 8416 3-6 yrs Oct 24-Dec 12 Tue 4:20-5:05 pm

*No class 10/31, 11/11, 11/21, 11/25

The City of Lake Forest is happy to accommodate individuals with special needs in any of our programs.

To request a specific accommodation, please call (949) 461-3450.

Classical Ballet

Class focuses on beginner ballet terminology, positions, and movements with an emphasis on self-discipline, alignment, grace and poise. Ballet shoes required. Performance for family and friends on the last day of class.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8403 4-6 yrs (Beginning) Sep 12-Oct 17 Tue 3:30-4:15 pm

Barcode#: 8404 4-6 yrs (Beginning) Oct 24-Dec 12 Tue 3:30-4:15 pm

*No class 10/31, 11/21

All-in-One Dance

Dancers will learn the basic fundamentals in ballet, jazz, tumbling and hip hop. Class promotes balance, coordination, rhythm, listening skills, and imagination through creative movement. Suitable for boys and girls.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8411 4-7 yrs Sep 9-Oct 14 Sat 10:45 -11:30 am

Barcode#: 8412 4-7 yrs Oct 21-Dec 9 Sat 10:45 -11:30 am

*No class 11/11, 11/25

Pop Star Hip Hop

Dance & choreograph like your favorite Pop Star! By the end of this course, our pop star dancers will learn their own choreography tips and tools to put on their own show at home. Sneakers or jazz shoes required. Please contact OC Dance Productions for more information: info@ocdanceproductions.com or 714-389-1933.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident
\$79 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8409 5-9 yrs Sep 12-Oct 17 Tue 5:10-5:55 pm

Barcode#: 8410 5-9 yrs Oct 24-Dec 12 Tue 5:10-5:55 pm

*No class 10/31

My Arts Club



Want to encourage a creative mind? Drop off your little one at this developmental art program where we will have lots of fun while learning to enhance fine motor skills, problem solving, eye-hand coordination and more! Your child will explore a variety of art activities such as drawing, painting, clay modeling, print making, collage and other fun things. Aprons will be provided. Please send a small snack. All registrants must be potty trained.

Instructor: My Art Studio – Lucia Henry

Fee: \$69 – Resident
\$74 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:8399 3.5 -5 yrs Sep 11-Oct 9 Mon 2-3:30 pm

Clay Adventures

Have a blast learning how to turn clay into fun projects, such as castles, animals and wonderful creatures. We will hand-build the pieces as we learn techniques such as coiling, scoring, slab construction and decorate the pieces with under glazes. A new project each week. All pieces will be glazed and fired.

Instructor: My Art Studio – Lucia Henry

Fee: \$79 – Resident
\$84 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:8398 6-12 yrs Sep 11-Oct 9 Mon 3:45-5 pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 – Resident
\$100 – Non-Resident
(8-week session)

Location: El Toro Park (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

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|----------------|----------|---------------|-----|--------------|
| Barcode#: 8593 | 3-5 yrs | Sep 25-Nov 13 | Mon | 3:30-4:30 pm |
| Barcode#: 8594 | 6-7 yrs | Sep 25-Nov 13 | Mon | 4:30-5:30 pm |
| Barcode#: 8595 | 8-12 yrs | Sep 25-Nov 13 | Mon | 5:30-6:30 pm |
| Barcode#: 8596 | 3-5 yrs | Sep 27-Nov 15 | Wed | 3:30-4:30 pm |
| Barcode#: 8597 | 6-7 yrs | Sep 27-Nov 15 | Wed | 4:30-5:30 pm |
| Barcode#: 8598 | 8-12 yrs | Sep 27-Nov 15 | Wed | 5:30-6:30 pm |

Aikido for Self Defense – Kids

Aikido is a modern yet traditional Japanese form of self-defense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a non-aggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Kids' classes include open hand techniques, drills and games related to Aikido. Wear comfortable clothing. Uniforms are available for purchase. \$40 uniform material fee.

Instructor: Dale Eisenberg

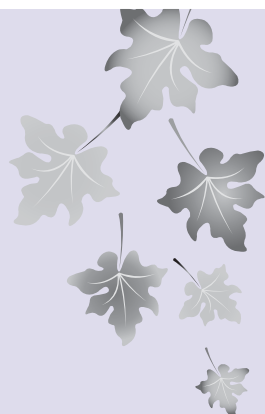
Fee: \$80 – Resident
\$85 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

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|----------------|----------|----------------|----------------|-------------------------|
| Barcode#: 8390 | 5-17 yrs | Sep 20-Oct 18 | Mon, Wed & Sat | 5:30-6:30 pm 12-1 pm |
| Barcode#: 8391 | 5-17 yrs | Oct 21- Nov 18 | Mon, Wed & Sat | 5:30-6:30 pm 12-1 pm |
| Barcode#: 8392 | 5-17 yrs | Nov 20- Dec 16 | Mon, Wed & Sat | 5:30-6:30 pm 12-1 pm |



FALL REGISTRATION DATES:

Tuesday, August 8 Lake Forest residents

Tuesday, August 15 Non residents

SUPER SOCCERSTARS Super Soccer Stars: Kick & Play: 12-24 Months

Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play-all while having a blast!

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Pkwy)

Baker Ranch Community Park
26380 Rancho Pkwy
(Saturday classes only)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

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|-----------|------|-----------|---------------|-----|---------------|
| Barcode#: | 8441 | 12-24 mos | Aug 29-Oct 3 | Tue | 9:45-10:25 am |
| Barcode#: | 8442 | 12-24 mos | Oct 17-Nov 28 | Tue | 9:45-10:25 am |
| Barcode#: | 8443 | 12-24 mos | Sep 1-Oct 6 | Fri | 9:45-10:25 am |
| Barcode#: | 8444 | 12-24 mos | Oct 20-Dec 1 | Fri | 9:45-10:25 am |
| Barcode#: | 8445 | 12-24 mos | Sep 2-Oct 7 | Sat | 9-9:40 am |
| Barcode#: | 8446 | 12-25 mos | Oct 21-Dec 2 | Sat | 9-9:40 am |

SUPER SOCCERSTARS Super Soccer Stars: 2-3 Year Old

Curriculum incorporates fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer.

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Pkwy)

Baker Ranch Community Park
(26380 Rancho Pkwy)
(Saturday classes only)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

| | | | | | |
|-----------|------|---------|---------------|-----|--------------|
| Barcode#: | 8447 | 2-3 yrs | Aug 29-Oct 3 | Tue | 9-9:40 am |
| Barcode#: | 8448 | 2-3 yrs | Oct 17-Nov 28 | Tue | 9-9:40 am |
| Barcode#: | 8449 | 2-3 yrs | Aug 29-Oct 3 | Tue | 2:30-3:10 pm |
| Barcode#: | 8450 | 2-3 yrs | Oct 17-Nov 28 | Tue | 2:30-3:10 pm |
| Barcode#: | 8451 | 2-3 yrs | Sep 1-Oct 6 | Fri | 9-9:40 am |
| Barcode#: | 8452 | 2-3 yrs | Oct 20-Dec 1 | Fri | 9-9:40 am |
| Barcode#: | 8453 | 2-3 yrs | Sep 2-Oct 7 | Sat | 9-9:40 am |
| Barcode#: | 8454 | 2-3 yrs | Oct 21-Dec 2 | Sat | 9-9:40 am |
| Barcode#: | 8455 | 2-3 yrs | Sep 2-Oct 7 | Sat | 9:45-10:25am |
| Barcode#: | 8456 | 2-3 yrs | Oct 21-Dec 2 | Sat | 9:45-10:25am |

SUPER SOCCERSTARS Super Soccer Stars: 3-Young 4 Year Old

Includes partner and physical activities such as running, skipping and jumping.

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

Baker Ranch Community Park (26380 Rancho Pkwy)
Saturday classes only

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

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|-----------|------|---------------|---------------|-----|----------------|
| Barcode#: | 8457 | 3-young 4 yrs | Aug 29-Oct 3 | Tue | 10:40-11:25 am |
| Barcode#: | 8458 | 3-young 4yrs | Oct 17-Nov 28 | Tue | 10:40-11:25 am |
| Barcode#: | 8459 | 3-young 4 yrs | Aug 29-Oct 3 | Tue | 3:15-4 pm |
| Barcode#: | 8460 | 3-young 4 yrs | Oct 17-Nov 28 | Tue | 3:15-4 pm |
| Barcode#: | 8461 | 3-young 4 yrs | Sep 2-Oct 7 | Sat | 9:45-10:30 am |
| Barcode#: | 8462 | 3-young 4 yrs | Oct 21-Dec 2 | Sat | 9:45-10:30 am |
| Barcode#: | 8463 | 3-young 4 yrs | Sep 2-Oct 7 | Sat | 10:30-11:15 am |
| Barcode#: | 8464 | 3-young 4 yrs | Oct 21-Dec 2 | Sat | 10:30-11:15 am |

SUPER SOCCERSTARS Super Soccer Stars: Older 4-5 Year Old

The primary focus of this class is body movement with the ball. The objectives are to continue development in basic dribbling, passing, receiving and shooting techniques and to introduce juggling skills.

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Pkwy)

Baker Ranch Community Park
(26380 Rancho Pkwy)
Saturday classes only

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

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|-----------|------|---------------|---------------|-----|----------------|
| Barcode#: | 8465 | Older 4-5 yrs | Aug 29-Oct 3 | Tue | 4:05-4:55 pm |
| Barcode#: | 8466 | Older 4-5 yrs | Oct 17-Nov 28 | Tue | 4:05-4:55 pm |
| Barcode#: | 8467 | Older 4-5 yrs | Sep 2-Oct 7 | Sat | 9-9:50 am |
| Barcode#: | 8468 | Older 4-5 yrs | Oct 21-Dec 2 | Sat | 9-9:50 am |
| Barcode#: | 8469 | Older 4-5 yrs | Sep 2-Oct 7 | Sat | 10:35-11:25 am |
| Barcode#: | 8470 | Older 4-5 yrs | Oct 21-Dec 2 | Sat | 10:35-11:25 am |





Super Soccer Stars: Older 5-7 Year Old

Enables children to develop team skills. Awareness of teammates is constantly emphasized so that the children will be able to use skills when transferred to the soccer game setting.

Instructor: Super Soccer Stars Staff

Fee: \$99 – Resident
\$104 – Non-Resident
(6-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Pkwy)

Baker Ranch Community Park (26380 Rancho Pkwy)
Saturday classes only

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8471 Older 5-7 yrs Sep 2-Oct 7 Sat 9:55-10:55 am

Barcode#: 8472 Older 5-7 yrs Oct 21-Dec 2 Sat 9:55-10:55 am



Skyhawks – Mini-Hawk Multi-Sport Class

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand / eye coordination, and skill development. Parent participation required for 2-3 age group.

Instructor: Skyhawks Staff

Fee: \$149 – Resident
\$154 – Non-Resident
(9-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8523 2-3 yrs Sep 23-Nov 18 Sat 9-9:30 am

Barcode#: 8524 4-6 yrs Sep 23-Nov 18 Sat 9:45-10:30 am



Skyhawks – Baseball Tots Class

Baseball Tots is a development program for kids ages 2 through 6 years old that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game.

Instructor: Skyhawks Staff

Fee: \$135 – Resident
\$140 – Non-Resident
(8-week sessions)

Location: Lake Forest Sports Park Great Lawn
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8521 2-3 yrs Sep 22-Nov 10 Fri 3:30-4 pm

Barcode#: 8522 4-6 yrs Sep 22-Nov 10 Fri 4:15-5pm

Beginning Ukulele

Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

Instructor: Ron Gorman

Fee: \$99 – Resident
\$104 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8530 10 yrs-Adult Oct 21-Nov 18 Sat 11 am-12 pm

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$99 – Resident
\$104 – Non-Resident
(5-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8531 10 yrs-Adult Oct 21-Nov 18 Sat 10-11 am

Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please Note: EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident
\$5 – Non-Resident

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#:8532 10-Adult Nov 18 Sat 3-5 pm

CPR/AED: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved and covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will also learn how to use an AED (Automatic External Defibrillator). Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8535 10-Adult Nov 18 Sat 12:30-3 pm

Modern Calligraphy 1

Students in the modern calligraphy class will learn proper pen strokes and letter forms with a pointed nib and ink. This is a great class for those looking for a career change, looking to do DIY party and wedding décor, or simply interested in picking up a new, stimulating hobby. All material is included.

Instructor: Kristen Khan

Fee: \$120 – Resident
\$125 – Non-Resident
(1-day workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8536 15 yrs-Adult Nov 14 Tue 6:30-9:30 pm

Modern Calligraphy 2

This is an excellent class for those who have taken Modern Calligraphy 1 and would like to learn the structure of majuscule letters and how to incorporate watercolors with calligraphy. Please bring all materials given in Modern Calligraphy 1 kit. All additional materials for this workshop will be provided.

Instructor: Kristen Khan

Fee: \$120 – Resident
\$125 – Non-Resident
(1-day workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8539 15 yrs-Adult Sep 21 Thu 6:30-9:30 pm

Chalkboard Calligraphy



Have you ever walked by a cute bistro and just admired the chalkboard signage that lured you into the restaurant? Have you ever browsed around for party ideas on Pinterest and just wished that you could create those charming chalk signs for your event? This is your chance to sign up for a class that will teach you how to write beautifully on chalkboard! All supplies are provided for this fun class that will bring out your creativity!

Instructor: Kristen Khan

Fee: \$75 – Resident
\$80 – Non-Resident
(1-day workshop)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8540 15 yrs-Adult Oct 12 Thu 6:30-9 pm

Adult

Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Material Fee: An additional \$5 material fee is due to instructor the day of class

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

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|-----------------------|--------------------|----------------------|------------|---------------|
| Barcode#: 8400 | 18 & up | Aug 23-Sep 27 | Wed | 7-8 pm |
| Barcode#: 8401 | 18 & up | Oct 4-Nov 8 | Wed | 7-8 pm |
| Barcode#: 8402 | 18 & up | Nov 15-Dec 20 | Wed | 7-8 pm |

For your convenience, we now accept credit card payments over the counter for our recreation programs! Credit cards may be used in person, at City Hall (2nd floor registration desk), at the Lake Forest Sports Park & Recreation Center and at the Etnies Skatepark of Lake Forest. We continue to accept cash and checks for our programs as well.

Power Flow Yoga

A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. Students will build strength, flexibility and concentration while cleansing the body and calming the mind. You can expect a great cardiovascular and strength-building workout combined with breath work set to upbeat music. Bring a yoga mat and a small towel. Appropriate for beginning to intermediate levels.

Instructor: Inspire Yoga OC

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8374 18 & up Sep 5-Oct 10 Tue 8:15-9:15 am

Barcode#: 8375 18 & up Oct 17-Nov 28 Tue 8:15-9:15 am

***No class 10/31**

Cardio Yoga Booty Ballet

Get your heart rate up with cardio dance moves at the barre and center floor and tone with resistance training for full body workout. This class combines cardio movements to burn calories with high powered yet low impact moves. Strengthens, lengthens, tones and burns by engaging the body and mind. Participants need to bring yoga mat, water and 1-2 lb. weights. For more information on Orange County Dance Productions please visit www.OCDanceProductions.com.

Instructor: OC Dance Productions Staff

Fee: \$119 – Resident
\$124 – Non-Resident
(10-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8362 18 & up Sep 25-Dec 4 Mon 6:30-7:30 pm

***No class 9/18, 11/20**

Baby & Me Yoga

Bring balance to your new life as a parent, reduce anxiety and give yourself the gift of a restorative hour of yoga by practicing with your baby. You will be guided through poses for you and alternately for baby. This class is designed to deepen a connection to yourself as well as nourish and cultivate your bond with your child. Expect a very relaxing and playful atmosphere, incorporating some singing and chanting. Bring a yoga mat for yourself and a blanket for baby. Babies should be between 0 and 12 months.

Instructor: Inspire Yoga OC

Fee: \$66 – Resident
\$71 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8372 18 & up Sep 7-Oct 12 Thu 9:30-10:15 am

Barcode#: 8373 18 & up Oct 19-Nov 30 Thu 9:30-10:15 am

***No class 11/23**

Yin Yoga

A series of long-held (2-4 min), passive, floor poses that focus on the spine and other areas rich in connective tissue. Huge therapeutic benefits include increased circulation, improved flexibility, stress and anxiety reduction, rehabilitation from injury, and much more. Appropriate for all skill levels and body types. Bring yoga mat. *Blocks, blankets and a bolster are strongly recommended and orders taken at first meeting.* For more information www.inspireyogaoc.com

Instructor: Andrea Thorlaxson

Fee: \$84 – Resident
\$89 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8367 18 & up Sep 5-Oct 10 Tue 7:45-8:45 pm

Barcode#: 8368 18 & up Sep 7-Oct 12 Thu 8:15-9:15 am

Barcode#: 8369 18 & up Sep 7-Oct 12 Thu 7:45-8:45 pm

Barcode#: 8370 18 & up Oct 17-Nov 28 Thu 7:45-8:45 pm

Barcode#: 8371 18 & up Oct 19-Nov 30 Thu 8:15-9:15 am

***No class 10/31, 11/23**

3

Three Ways to Register!

Online, Mail-In, Walk-In

Date Night Yoga

Sign up with your loved one or best friend for a fun, playful evening of partner yoga. No experience necessary. All levels welcome. Both students must be registered. Wear clothing you can move in and bring yoga mat. For more information www.inspireyogaoc.com

Instructor: Andrea Thorlakson

Fee: \$5 – Resident
\$10 – Non-Resident
(1 time class)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8541 18 & up Oct 19 Thu 7:30-9 pm

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8599 16 yrs and up Sep 30-Dec 16 Beg Sat 9-10 am

Barcode#: 8600 16 yrs and up Sep 30-Dec 16 Int Sat 10-11 am

***No class 10/21, 11/18, 11/25, 12/2**

Mommies' Boot Camp - Postnatal Fitness

A class for moms who want their bodies back. Whether you just had your baby 6 days or even 6 years ago, these results-driven workouts are designed to strengthen and tone the body after all the changes it has gone through during pregnancy. Our combination of cardio and strength training will get your body back in no time. Classes will focus on postnatal core and pelvic strengthening exercises. Bring your own mat and water. For more info www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$108 per participant – Resident
\$113 per participant – Non-Resident
(8-class sessions)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8542 18 & up Sep 5-28 Tue & Thu 12:30-1:15 pm

Barcode#: 8543 18 & up Oct 3- 26 Tue & Thu 12:30-1:15 pm

Barcode#: 8544 18 & up Nov 2- 30 Tue & Thu 12:30-1:15 pm

***No class 11/23**

Get Off Your Booty Camp

Get in shape "Boot camp style." Experience full-body workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU. A results-driven conditioning program that focuses on developing lean, toned and healthy bodies, using your own body weight and a variety of exercise equipment. This class is designed for all fitness levels. Work at your own pace. Bring your own mat and water. For more info www.Endeavourpt.com

Instructor: Maryam Stevenson

Fee: \$100 per participant – Resident
\$105 per participant – Non-Resident
(8-class sessions)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8382 18 & up Sep 5-28 Tue & Thu 6:15-7 pm

Barcode#: 8383 18 & up Oct 3-26 Tue & Thu 6:15-7 pm

Barcode#: 8384 18 & up Nov 2- 30 Tue & Thu 6:15-7 pm

***No class 11/23**

Ballroom Dance Class

Take your dance partner in your arms and dance to the music that makes your feet want to move. You will learn a smooth dance like Fox Trot or Waltz, one Latin dance like Cha Cha or Rumba and that exciting Swing dance. A registered partner is required but no dance experience necessary. If you know those dances we will add material and styling to your dancing. Smooth soled shoes are best to wear.

Instructor: Carri Fox

Fee: \$75 – Resident
\$80 – Non-Resident
(10-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8360 18 & up Sep 15-Nov 17 Fri 7-8 pm

**Parks
Make
Life
Better!**

Zumba® Gold + Toning for Beginners

Blends the Zumba® Gold rhythms you love with light weight activity, a total body workout using Zumba® Toning Sticks or your own 1 pound weights to shake up the muscles! This is a low intensity class perfect for active adults. Moves are adaptable to your own body needs. Improve your muscle strength, flexibility, balance and coordination. **These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor.**

Instructor: Angie Velez

Fee: **Barcode#: 8380** 5-class package \$35 – Resident
\$40 – Non-Resident

Barcode#: 8381 10-class package \$60 – Resident
\$65 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Walk-In. Online registration is not available for this program.

For more info call: The Recreation Center at 273-6960

| | | | |
|--------------------|----------------|------------|-----------------|
| 18 & up | Ongoing | Tue | 9-10 am |
| 18 & up | Ongoing | Tue | 6-7 pm |
| 18 & up | Ongoing | Sat | 10-11 am |

Dog Manners Crash Course

Accomplish your training goals and address your dog's behavior problems. For all breeds of dogs ages 5 months or older. Large breeds accepted at 4 months. Please bring current vaccination records. Dogs attend all meetings. Please pre-register, and then call Dog Services at 714-532-3647 with your dog's name, breed, and age and an email address so the instructor may brief you prior to the first lesson.



"Max" Hessing

Participants who show proof of adopting an animal from the Orange County Animal Shelter or Pet Adoption Center within six months of the adoption date will receive a 25% discount on the registration fee. Only valid for Mail-In and Walk-In registration with copy of adoption papers. Online registration is not available for discount program.

Instructor: Dog Services Unlimited

Fee: \$89 – Resident
\$94 – Non-Resident
(4-week session)

Material Fee: \$5 material fee due at first class session includes training manual

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8601 Families Sep 9-30 Sat 10-11:15 am

Women's Self Defense Tactical Training



Real world techniques that empower. Focuses on spatial awareness, boundary setting, and hands-on solutions to possible scenarios. With a foundation in Aikido principles, students will learn techniques to redirect attacks, to stun aggressors, and to safely escape from a larger and/or stronger aggressor. Through techniques to increase mindfulness and with a hands-on approach, we will explore multiple scenarios and solutions. No previous experience necessary. Wear comfortable clothes that you are willing to sweat in.

Instructor: Dale Eisenberg

Fee: \$40 – Resident
\$45 – Non-Resident
(1-time class)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8753 18 & up Sep 17 Sun 10:15 am-12:15 pm

Aikido for Self Defense – Adults

Aikido is a modern yet traditional Japanese form of self-defense that advocates harmony over conflict. Aikido uses the attacker's energy against themselves and redirects it in a non-aggressive manner. Students of Aikido learn self-confidence, balance, awareness and mastery of their own bodies. Adult classes include open hand techniques and weapons practice.

Instructor: Dale Eisenberg

Fee: \$80 – Resident
\$85 – Non-Resident
(4-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8394 18 & up Sep 20-Oct 18 Mon, Wed & Sat 5:30-6:30 pm 12-1 pm

Barcode#: 8395 18 & up Oct 21- Nov 18 Mon, Wed & Sat 5:30-6:30 pm 12-1 pm

Barcode#: 8396 18 & up Nov 20- Dec 16 Mon, Wed & Sat 5:30-6:30 pm 12-1 pm



Did you know you can register for classes and programs 24/7?



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online.Activecommunities.Com/lfreconline and you'll be on your way!

Kung Fu: Self-Defense

Focus on self-defense, fitness and self-knowledge. Kung Fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung Fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Wear comfortable, loose fitting clothing.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8585 18 & up Sep 18-Nov 8 Mon & Wed 7-8 pm
Barcode#: 8586 18 & up Sep 19-Nov 9 Tue & Thu 6-7 pm

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of Tai Chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. Tai Chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Wear comfortable, loose fitting clothing.

Instructor: Master Richard Tsim

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The Recreation Center at 273-6960

Barcode#: 8602 18 & up Sep 18-Nov 8 Mon & Wed 6-7 pm
Barcode#: 8603 18 & up Sep 19-Nov 9 Tue & Thu 7-8 pm

SPECIAL NEEDS



Special Needs Game Night

Join us for a special evening of fun and games! We will play some of your favorite games, watch movies, and create a special Halloween craft! Dress in costume if you like! Pizza for dinner is included (gluten-free options available).

Fee: FREE

Location Lake Forest City Hall (25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Marilyn Norment at 461-3447 or email mnorment@lakeforestca.gov

Barcode#: 8357 13 yrs-adult Oct 27 Fri 6-8 pm



Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Fall programs too!



Special Needs Soccer Super Soccer Stars Shine



Super Soccer Stars Shine Program uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. Classes focus on simplifying soccer into specific components while teammates work together to build new skills in a fun, non-competitive and educational environment. Each class follows a structured sequence of entertaining and engaging individual and team-based activities. Coaches use specific tools and techniques including picture schedules, cheers, and repetition to reinforce communication, aid in transition and increase task completion.

Instructor: Super Soccer Stars Staff

Fee: \$150 – Resident
\$155 – Non-Resident
(6-week session)

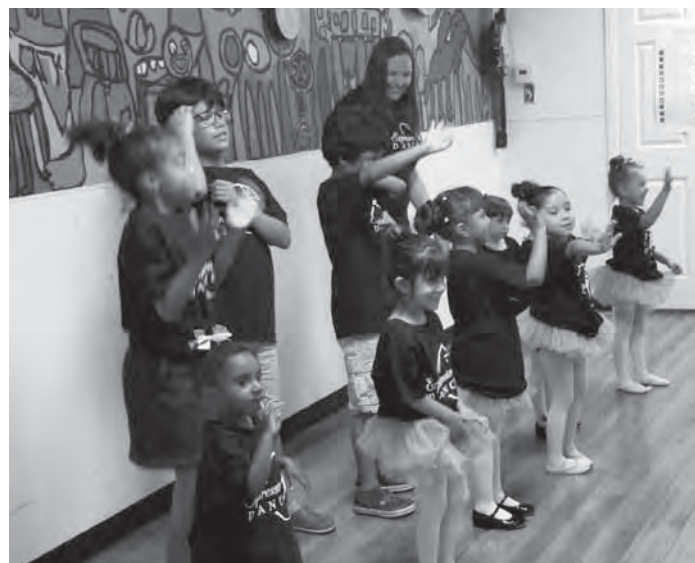


Location: Baker Ranch Community Park
(26380 Rancho Pkwy)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8526 4-9 yrs Sep 2-Oct 7 Sat 8-8:50 am



Dance For All: Creative Movement for Special Needs



Based on the Dance For All movement program designed by dance and movement therapists, this class gives dancers with developmental disabilities a chance to dance! Dancers will experience the joy of exploring dance concepts in a creative movement classes while developing social skills, strength, and flexibility in a supportive environment.

Instructor: Allison Hampel (Expressions Dance)

Fee: \$90 – Resident
\$95 – Non-Resident
(6-week session)

Location: Lake Forest Recreation Center
(28000 Rancho Pkwy)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8527 5-12 yrs Sep 11-Oct 16 Mon 4-4:45 pm

Barcode#: 8528 13 yrs & older Sep 13-Oct 18 Wed 4-4:45 pm

Special Needs Yoga

Sparks Yoga is adapted for individuals with special needs. Yoga sessions are centered around building a regulated nervous system, body awareness, and an improved ability to focus and concentrate. Through use of creative and FUN interactive games, stories, visualizations, and breathing techniques, students can also gain balance, flexibility, strength and coordination in this safe, non-competitive environment.

Instructor: Kelly Sparks

Fee: \$100 – Resident
\$105 – Non-Resident

Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8354 10-18 yrs Sep 5-26 Tue 4-4:45 pm

Barcode#: 8355 10-18 yrs Oct 3-24 Tue 4-4:45 pm

Barcode#: 8356 10-18 yrs Nov 7-28 Tue 4-4:45 pm

Fitness For You Stroller Workout

Bring your stroller with your child or children and get fit while walking and exercising with other moms. Enjoy some outside time together while your little ones get entertained by watching mommy squat, jump, and do some high knees! End of class group time will include core work. This class is a great way to connect with other moms with special needs children. Bring water and a yoga mat.

Instructor: Aileen Rose

Fee (Per 4-week session): \$50 – Resident
\$55 – Non-Resident

Location: Lake Forest Sports Park (28000 Rancho Pkwy)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|----------------|---------|--------------|-----|----------|
| Barcode#: 8351 | 18 & up | Sep 11-Oct 2 | Mon | 10-11 am |
| Barcode#: 8352 | 18 & up | Oct 9-30 | Mon | 10-11 am |
| Barcode#: 8353 | 18 & up | Nov 6-27 | Mon | 10-11 am |



Let's P.L.A.N. (Purposeful Life Activities Now)

Occupational Therapy groups focus on implementing life skills in a social setting in order to improve relationships, increase independence in self-care tasks, and create a foundation in which children can grow into successful young adults.

Instructor: Licensed Occupational Therapist

Fee: \$75 per 60-minute session – Resident
\$80 per 60-minute session – Non-Resident

Location: Autism Behavior Services, Inc.
23701 Birtcher Drive

(949) 581-0100 or toll-free: (855) 581-0100

To Register: Call to schedule an intake appointment. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|----------------|----------|---------|-----|----------|
| Barcode#: 8434 | 8-10 yrs | Ongoing | Sat | 10-11 am |
|----------------|----------|---------|-----|----------|



Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson Psy.D, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional & behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

Instructor: Natalie Taguchi-Solorio, M.Ed, PPS, BCBA

Fee: \$75 per session – Resident
\$80 per session – Non-Resident

Location: Autism Behavior Services, Inc., 23701 Birtcher Drive, (949) 581-0100 or toll-free (855) 581-0100

To Register: Call to set up an appointment. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|----------------|----------|---------|---------|--------|
| Barcode#: 8359 | 2-19 yrs | Ongoing | Mon-Sat | varies |
|----------------|----------|---------|---------|--------|

Swim Lessons for Children and Adults with Special Needs



SwimLabs offers lessons to swimmers of all abilities and ages. Our adult swim instructors are experienced in teaching special needs swimmers. With SwimLabs indoor facility, controlled environment, and world-class instructors we provide lessons catered to your swimmer's needs and desires. **Group lessons are available as well.**

Instructor: SwimLabs Staff

| | | |
|----------------------|----------|-------|
| Fee: Private Lessons | 30-min: | \$60 |
| | 4-pack: | \$216 |
| | 6-pack: | \$306 |
| | 10-pack: | \$480 |

Location: SwimLabs, 20918 Bake Pkwy., Ste. 100

To Register and for more info call: The City of Lake Forest at 461-3450

| | | | |
|----------------|-----------------|---------|--------|
| Barcode#: 8433 | Ages 1 to adult | Ongoing | varies |
|----------------|-----------------|---------|--------|

Gym Buddies (Formerly Social Skills/Social Play class)

An exercise-based social skills class for children and teens on the Autism spectrum and with other disabilities. Your child/teen will participate in fun games, gymnastics, exercise circuits and a fun dance party at the end. Other activities include: sharing age appropriate conversation, sharing with the group, meeting new friends and offering support.

Instructor: Anne Marie Lansburgh, Moderate/Severe
Special Education Teacher

Fee: \$80 per 4-week session-Resident;
\$85 per 4-week session-Non-Resident

Location: Us Too Center
(25 Spectrum Pointe Dr., #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|-----------------------|------------------------|-----------------|------------|------------------|
| Barcode#: 8417 | 6 yrs and older | Sep 6-27 | Wed | 6-6:45 pm |
| Barcode#: 8418 | 6 yrs and older | Oct 4-25 | Wed | 6-6:45 pm |
| Barcode#: 8419 | 6 yrs and older | Nov 1-22 | Wed | 6-6:45 pm |



Gymnastics for Kids with Special Needs

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, etc.) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. Please call to set up a free assessment and discuss placement and class dates and times. **This special pricing is available to new members only.** This class also includes free open play for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$105/month (Four 45-minute sessions) Resident
\$110/month (Four 45-minute sessions) Non-Resident

Location: Us Too Gymnastics
(25 Spectrum Pointe Dr #405)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8423 **4 yrs and older** **Ongoing** **Mon-Sat** **varies**



Shooting Stars Basketball

This program is designed for special needs athletes or anyone who cannot participate in the SVUSD Boys' and Girls' Basketball league. Players will be grouped by ability to create competitive teams and provide any needed support. League stresses fun and participation. Volunteer Coaches and Teen Volunteers are welcome.

Ages: 1st Grade – Adult

Location: Games take place in Rancho Santa Margarita, Mission Viejo, or Lake Forest.

For more information including start dates, please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com

What Is "TOPSoccer"?



TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes ages 4 to 30 with physical and mental disabilities.

TOPSoccer emphasizes development, training, and meaningful participation rather than competition. It's ALL about FUN!

For more info, please contact:

Rick Trevers: Laguna Niguel
Youth Soccer Association
Rick.Trevers@LNYSA.org



Sandy Castillo: scastillo@calsouth.com or visit
calsouth.com/topsoccer

ETNIES SKATEPARK OF LAKE FOREST

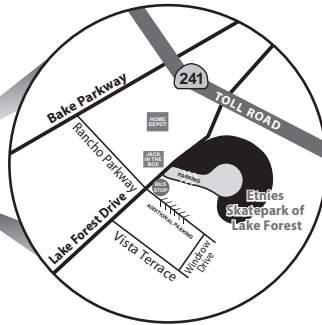
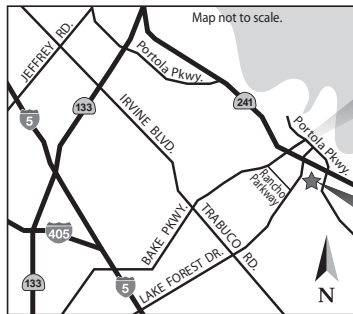


Voted "Best Skatepark 2015"
– Best of OC Register

"#1 Skatepark in Orange County 2016"
– OC Parenting Magazine



**Etnies Skatepark
of Lake Forest**
20028 Lake Forest Drive
Lake Forest, CA 92630
(949) 916-5870



Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: The Skatepark is free for residents of Lake Forest. Non-resident fee is \$15 for the calendar year.

Location: 20028 Lake Forest Dr.

Phone: (949) 916-5870

In the case of inclement weather, please call ahead to see if the Park is open.

Make sure to visit the Skatepark at www.EtniesSkatepark.com. Also follow us on Facebook, Instagram, and Twitter. The website features interactive tours of the park, up to date news, links to the Skatepark social media pages, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out!

SKATE SESSIONS

| | |
|-----------------|---------------|
| Monday-Thursday | 11 am – 9 pm |
| Friday | 11 am – 10 pm |
| Saturday | 10 am – 10 pm |
| Sunday | 10 am – 9 pm |

FALL HOLIDAY SCHEDULE

The park will be closed Thanksgiving Day, Thursday, November 23, 2017.

Hallow's Eve Bowl Jam

A crowd favorite, great for skaters and spectators. It is the premiere bowl/costume contest held at the Skatepark. Details will be available closer to the date of the contest at the Skatepark office or check EtniesSkatepark.com for more information. Register online or at the skatepark.

Fee: \$20 entry fee; includes event t-shirt

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

Barcode#: 8758 **All Ages Hallow's Eve Bowl Jam Oct 21 Sat 5-10 pm**

Interested vendors wishing to have a booth at any event or sponsorship opportunities please email
etniesskatepark@lakeforestca.gov or call 916-5870



"Friday Fever"

Come celebrate the last Friday of the month with live music, skate movies, contests, games, prizes, and pizza. This is a great way to spend your Friday night in a fun and safe environment while skating with friends.

Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info and specific bands playing, please call: The Skatepark at 916-5870 or visit etniesskatepark@lakeforestca.gov

| | | | |
|-----------------|---------------|------------|----------------|
| All Ages | Sep 29 | Fri | 6-10 pm |
| All Ages | Oct 27 | Fri | 6-10 pm |

Veterans Day Camp

Choose this Veterans Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. The day of fun will include skateboard instruction, games, lunch, and a t-shirt for the campers.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$40 per person **Limited to 20 per session**

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Barcode#: 8473 **5-17 yrs Nov 10 Fri 10 am-2 pm**

Birthday Parties at the Skatepark

Make your next party an Etnies Skatepark Skate Party! The Skatepark offers three very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates! Please note that **birthday party participants will need a waiver filled out prior to entering the Skatepark.** Waivers will be good for the duration of the party. If the participant wants to use the Skatepark outside of party hours, the \$15 membership fee will need to be paid for non-residents. Loaner Helmets and Pads are available on a first come, first served basis, but additional skateboards are not available. Register online at etniesskatepark.com/165/Birthday-Parties



Party Package Details

- All packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block from 11 am-8 pm.
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The grass area of the Skatepark is decorated and reserved for your party goers. This area includes popup tents, folding tables, and chairs which can accommodate 20 individuals comfortably.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

McTwist – \$375 Our premier package includes a Skatepark t-shirt for each participant, cupcakes, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed-toe shoes while filming inside the Skatepark. Each additional child will cost \$20 up to a maximum of 20 participants.

Kickflip – \$275 Our best value package includes cupcakes, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed toed shoes while filming inside the Skatepark. Each additional child will cost \$10 up to a maximum of 20 participants.

Grind – \$175 Our most economical package includes choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed-toe shoes while filming inside the Skatepark. This package is designed for Parents who want to bring their own food, cake, décor, etc. Alcohol is not permitted. Each additional child will cost \$5 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please visit etniesskatepark.com/165/Birthday-Parties Parties are only confirmed when we receive the required security deposit. For more info call: The Skatepark at (949) 916-5870

Etnies Fall Skate Camp

Choose this Thanksgiving break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including the three bowls, two large flow courses, Orange County's only cradle, and a world class street course. All campers receive a Createaskate.org board that they will be able to design and ride on the last day of camp. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. Lunch, drinks, and snacks are provided daily. Please send your camper with their own water bottle or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$120 per person Limited to 20 per session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Barcode#: 8488 5-17 yrs Nov 20-22 Mon-Wed 10 am-2 pm

Skatepark Safety/Etiquette Class

We understand that the Skatepark can be intimidating to new users, and that is why we offer a free 15 minute Skatepark Safety/Etiquette course. This course teaches new users how to identify potential Skatepark hazards, general Skatepark etiquette, and how to have the most fun possible while riding the world famous Etnies Skatepark of Lake Forest! This class is available on a drop in basis, and is led by experienced Skatepark Staff.

Instructor: Skatepark Staff

Fee: Free Limited 4 per session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Walk-in

For more info call: The Skatepark at 916-5870

Ages: 4 and up

Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.

Beginning Skateboard Lessons

Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of skateboarding, but lack the courage and know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the Skatepark. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one on one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

| | | | | |
|-----------------------|---------------------|-----------------|------------|----------------|
| Barcode#: 8500 | 6 yrs and up | Sep 5-26 | Tue | 4-5 pm |
| Barcode#: 8501 | 6 yrs and up | Oct 3-24 | Tue | 4-5 pm |
| Barcode#: 8502 | 6 yrs and up | Nov 7-28 | Tue | 4-5 pm |
| Barcode#: 8503 | 6 yrs and up | Sep 2-23 | Sat | 9-10 am |
| Barcode#: 8504 | 6 yrs and up | Oct 7-28 | Sat | 9-10 am |
| Barcode#: 8505 | 6 yrs and up | Nov 4-25 | Sat | 9-10 am |





Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basic skills but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

| | | | | |
|----------------|--------------|----------|-----|----------|
| Barcode#: 8506 | 6 yrs and up | Sep 5-26 | Tue | 5-6 pm |
| Barcode#: 8507 | 6 yrs and up | Oct 3-24 | Tue | 5-6 pm |
| Barcode#: 8508 | 6 yrs and up | Nov 7-28 | Tue | 5-6 pm |
| Barcode#: 8509 | 6 yrs and up | Sep 2-23 | Sat | 10-11 am |
| Barcode#: 8510 | 6 yrs and up | Oct 7-28 | Sat | 10-11 am |
| Barcode#: 8511 | 6 yrs and up | Nov 4-25 | Sat | 10-11 am |

The City of Lake Forest is happy to accommodate individuals with special needs in any of our programs. To request a specific accommodation, please call (949) 461-3450.

Private Skateboard Lessons

One-on-one instruction from the basics to advanced techniques. Lessons are taught by experienced staff who specialize in lessons catered to each individual. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Whatever you may want to learn, we have some of the best teachers as well as the best Skatepark around to meet all of your learning needs.

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$40 – per forty five minute session. Sign up for a month of classes at \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr.)

No lessons on Thursday, November 23 due to Thanksgiving Holiday

Private lessons will be offered: September 7, 14, 21, 28
October 5, 12, 19, 26
November 2, 9, 16, 30

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8512 6-17 yrs Thu 3, 4, 5, 6 pm

Drop-In Private Skateboard Lessons

Drop-in Private Skateboard Lessons are also available on a first come, first served basis. Call the Skatepark at 916-5870 for more information and to check on instructor availability.



COMMUNITY SERVICES

Looking For a Unique Opportunity?



Sheriff's Explorers Program in Lake Forest

Explorers will broaden their understanding of the challenges their community's police services face, as well as the job opportunities offered by the Orange County Sheriff's Department. In addition to gaining a working knowledge of police work, Explorers have numerous opportunities to provide community service.

For more info call: Deputy Jason McLennan at 461-3545

S.T.A.R.S.

Looking to Volunteer?
Recently Retired?
Lake Forest Police Services is currently interviewing.



Sheriff's Team of Active Retired Seniors (S.T.A.R.S.) supports our City by patrolling Schools, Parks, and Shopping Centers, performing Vacation Home Checks and Fire Watch, and assisting with Special Events.

For more info call: Deputy Jason McLennan at 461-3545

Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

SENIOR PROGRAMS

Senior Scene - Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories!

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program. Participants must be 50+ years of age.

Fee: Free!

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Karen Rice via e-mail at krice@lakeforestca.gov.

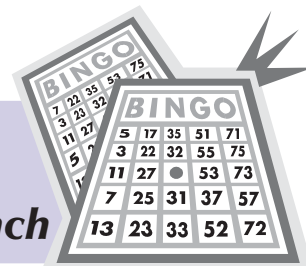
B-I-N-G-O & FREE Hot Lunch provided by The City of Lake Forest every Thursday!

Seniors Ongoing Mon-Thu 10 am-2 pm

THURSDAYS

10:30 am: Bingo

12:00 pm: Hot Lunch



The Senior Scene Clubhouse will be closed:
Monday, September 4 (Labor Day)
Thursday, November 23 (Thanksgiving Day)

Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays, and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program.

Fee: \$4.50 suggested donation is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at 461-3445

Seniors Ongoing Mon-Wed 11:30 am



First Annual PrimeTimer Games

Sign up for the first PrimeTimer Games; the Lake Forest Senior Scene Clubhouse's own Olympics! Test your skills and challenge yourself to take part in a new event every day... Prizes and awards will be given out on Thursday, October 26.

Participants must be 50 + years of age.

Fee: FREE

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For More Info call: 461-3450

| | | | | |
|----------------|-----|--------|----------|--------------------|
| Barcode#: 8513 | Mon | Oct 23 | 11 am | Poker Walk |
| Barcode#: 8514 | Tue | Oct 24 | 11 am | Horseshoes |
| Barcode#: 8515 | Tue | Oct 24 | 12:30 pm | Bean Bag Toss |
| Barcode#: 8516 | Wed | Oct 25 | 11 am | Water Balloon Toss |

FREE Drop-In Blood Pressure Checks

3rd Monday of each month

DATES:

September 18

October 16

November 20

TIME:

10 am-12 pm

LOCATION:

Lake Forest Community Center
25550 Commercentre Dr
Activities Room



Senior Scene Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



Want A Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to mnorment@lakeforestca.gov.

Ping Pong

Dust off your paddles and join us for a friendly game of Ping Pong!

Fee: FREE

Location: Lake Forest
Senior Scene
Clubhouse
(25550 Commercentre Dr)



For more info call: The City of Lake Forest at 461-3450

| | | | |
|---------|---------|-----|--------------|
| Seniors | Ongoing | Tue | 10 am-1 pm |
| Seniors | Ongoing | Wed | 2:30-4:30 pm |



Medication Review

Are you taking prescription medicines, buying over-the-counter (OTC) medicines, vitamins and nutritional supplements? Do you wonder if you are taking them correctly? Do you have questions such as: "What time of the day is best to take them?" With food or without? Make a one-on-one appointment with County of Orange Health Care Agency's consulting pharmacist, Bill Liu. Bill will assess your medication regimen for efficacy, appropriateness, alert you to side effects and identify any potential drug interactions. Remember to bring all your medications and supplements or a detailed list of what you are taking and bring all your questions.

Call 461-3408 and make a scheduled 20-minute appointment for Wednesday, Oct 25, 2017, between 10:30 am and 2 pm, at the Senior Scene Clubhouse.

Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

| | |
|--------------------------------------|---|
| AARP..... | 888-687-2277 |
| ACCESS (Reservations/Information) | 877-628-2232 |
| ACCESS (Eligibility) | 714-560-5956 |
| Age Well Senior Services, Inc. | 855-8033 (formerly South County Senior Services) |
| City of Lake Forest City Hall | 461-3400 |
| Council on Aging | 714-479-0107 |
| Non-Disabled Housing Information | 714-480-2864 |
| Elder/Disabled Adult Abuse..... | 800-451-5155 |
| HiCap Services | 800-434-0222 |
| Human Services Information..... | 2-1-1 |
| Irvine Valley College/Emeritus | 451-5555 |
| Meals on Wheels..... | 380-0155 ext.12 |
| Medicare Fraud Hotline..... | 800-447-8477 |
| OCTA (Transportation)..... | 800-636-7433 |
| Office on Aging..... | 800-510-2020 |
| Orange Caregiver Resource Center | 800-543-8312 |

LEGAL AID SOCIETY OF ORANGE & COUNTY COMMUNITY LEGAL SERVICES OF SOUTHEAST LOS ANGELES COUNTY

Providing free and low-cost civil legal services to low-income persons, families, and seniors

Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues: Government Benefits, Health, Housing, Consumer Problems, and Elder Abuse.

To qualify for an appointment you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes – to receive the most out of your appointment, please write down questions for the attorney.

Fee: Free

Location: Lake Forest Community Center
25550 Commercentre Dr.

To make an appointment call 461-3408 (Monday through Thursday) from 9 am to 1 pm.

| | | | |
|----------------|---------------|------------|-------------------------|
| Seniors | Oct 19 | Thu | 10:30 am-2:30 pm |
|----------------|---------------|------------|-------------------------|

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency.

Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.

Please note: There is no instructor on-site.

Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

| | | | |
|----------------|----------------|----------------|-------------------|
| Seniors | Ongoing | Mon-Thu | 10 am-2 pm |
|----------------|----------------|----------------|-------------------|

(On Wednesdays, the lab opens at 11 am)



HEAT WATCH

During the months of August-September the Senior Scene Clubhouse will remain open until 4 pm on days of extreme heat (over 90 degrees).

Decision to extend clubhouse hours will be made by 1 pm on the particular affected day.



Senior Transportation, Two Ways To Go!



Attention Taxi Voucher Customers!
Beginning July 1, 2017 there will be a
Change of Taxi Cab Service Providers



CALIFORNIA YELLOW CAB is the
new Taxi Cab provider for the City
of Lake Forest's Taxi Voucher Program

THE NEW RESERVATION PHONE NUMBER:

(888) 242-8294
or
(888) 242-TAXI

Old Vouchers will be honored.

New Vouchers will have updated
provider information on them.

This change will better
accommodate your needs!

Questions: Please contact (949) 461-3450

1. Senior Scene Clubhouse Participants

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at (949) 855-9766. It is "mandatory" that all reservations and cancellations be made **at least 24 hours** in advance. Cost is fifty cents per trip. For more information please call 461-3450.

2. Taxi Transportation



Do you need a ride to a doctor's appointment, grocery shopping, pick-up prescriptions, go to a movie, or visit a friend? We offer a transportation program 7-days a week/24 hours a day...including holidays.

How it works!

You must –

- Be a Lake Forest resident & 60 years of age or older
- Provide proof of residency and age upon purchase of vouchers (driver's license, utility bill, passport or birth certificate)
- Pre-Purchase Vouchers

Where to purchase taxi vouchers

- City Hall – 25550 Commercentre Dr., Lake Forest (2nd Floor)
- Monday – Friday (closed alternating Fridays)
- 8 am – 5 pm
- Cash, checks, and credit cards accepted

Cost of vouchers to the Senior Scene Clubhouse Monday through Thursday (10 am–2 pm)

- \$1 one way

Cost of vouchers within Lake Forest City limits to non-emergency medical appointments, socializing, pick-up prescriptions, movies, etc.

- \$2.50 one way

Cost of vouchers to Non-Emergency Medical appointments to the following facilities only

- \$5 one way – Saddleback Memorial Hospital
- \$7 one way – South County Orthopedic Specialists (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), and Mission Viejo Hospital
- \$7 one way – NEW Destination! Irvine Metrolink

Please note: Taxi vouchers are non-refundable, non-transferable and valid one year from date of purchase.



Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!

Fee: Free!

Location: Lake Forest Community Center, Activities Room
(25550 Commercentre Dr)

Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,
El Toro Room
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

| | | | |
|---------------|------------|----------------|---|
| Sep 14 | Thu | 9:30 am | <i>The Sense of an Ending</i> by Julian Barnes |
| Oct 19 | Thu | 9:30 am | <i>The Nest</i> by Cynthia Sweeney |
| Nov 16 | Thu | 9:30 am | <i>My Beloved World</i> by Sonia Sotomayor |

Lake Forest Senior Advisory Board Elections

In November 2017, two seats will become available to serve on the Senior Advisory Board. The City of Lake Forest Parks & Recreation Commission is looking for qualified candidates who are interested and passionate about the future senior programs and senior center.

The Senior Advisory Board is appointed by and reports to the Parks & Recreation Commission. The Board consists of five members and will act in an advisory capacity to the Parks and Recreation Commission. Meetings are held six times per year. Each Board member's term limit is two years.

Qualifications for the Senior Advisory Board

- Lake Forest resident
- 50 years of age or older

Applications will be available on Monday, September 25 on the City's Website www.lakeforestca.gov/seniors and at the Senior Scene Clubhouse located at 25550 Commercentre Drive.

All applicants must submit an application to the Parks & Recreation Commission no later than Friday, October 27 by 5 pm. The Parks & Recreation Commission will conduct interviews on Thursday, November 16 at 7 pm.

SENIOR ADVISORY BOARD MISSION STATEMENT

The City of Lake Forest Senior Advisory Board is committed to support and serve the senior citizen population in our community, with a focus on health, education, optimal aging and well-being. In addition, the Board serves in an advisory capacity to the Parks and Recreation Commission.

Senior Advisory Board Members



Betty Atwell



Frank Chocco



Beverley Ford



Sandy Stang



Jan Wiviott



14th Annual Senior Resource Fair & Vaccination Clinic

This is a fantastic opportunity for seniors, caregivers, and adults with parents living at home to get information on many of the health and wellness resources that are available. Vendors will give free samples and all participants will be entered to win door prizes. Several free screenings will be available.

The City of Lake Forest and Walgreens are partnering to offer free flu vaccinations to Medicare recipients and a minimal fee for non-recipients. Please bring your Medicare/Medical card. HMO and Kaiser members are not eligible for "free" vaccinations due to the requirement that recipients obtain vaccinations through their healthcare providers' offices.

Admission: FREE

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For More Info Call: The City of Lake Forest at 461-3450

Seniors Sep 20 Wed 10 am-12 pm

Senior Santa & Friends at the Senior Scene Clubhouse



'Tis the season to make someone's holiday a special one! Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus Program. This "gift" giving program provides some cheer to older adults with multiple physical problems and has income only slightly above the federal poverty level. All donations are tax deductible.

***** ITEMS NEEDED: *****

- Blankets
- Gift cards
(grocery stores, department stores, and pharmacies)
- New clothing
- Household appliances
- Nutritional supplements (e.g. Ensure, Glucerna)
- Medical equipment (walkers, canes, etc.).

**Between November 1 and December 14,
drop off your gift at the Senior Scene Clubhouse
between 10 am-2 pm, Monday-Thursday!**



Thanksgiving Feast & Pumpkin Pie Eating Contest

Gobble – Gobble! What's that sound? It's that time of year to talk turkey! Better yet...let's eat some! Staff will serve you a "turkeylicious" meal with all the trimmings and a PUMPKIN PIE EATING CONTEST! It's more like eating your way through mounds of whipping cream to find a little pumpkin seed buried in the bottom of the plate. We don't want you to get "stuffed" on pumpkin pie before lunch! Bingo...are we playing Bingo? You bet your gizzards!

Due to the popularity of the Thanksgiving luncheon, you may reserve two seats only. Reservations are mandatory. If you are unable to attend, please call and cancel your reservation. Lunch will be served at noon. At 11 am, participants who have not arrived for the luncheon will lose their seat to the first person on the waitlist unless you advise staff otherwise.

Fee: Free

Location: Lake Forest Senior Scene Clubhouse
(25550 Commercentre Dr)

To Register: Call 461-3450 or Walk-in to reserve your seat after 8 am on Tuesday, August 8. PLEASE DO NOT LEAVE RESERVATIONS ON THE VOICEMAIL. RESERVATIONS WILL NOT BE ACCEPTED VIA VOICEMAIL.

Non-residents can register beginning 8 am on Tuesday, Aug 15.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8517 Seniors Nov 16 Thu 10 am-2 pm



Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents – \$66
Non-residents – \$84

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at (949) 632-0300

TEE TIMES

Session 92 Seniors Sep 7-Oct 12 Tue or Thu only 7:45-8:15 am

Session 93 Seniors Oct 26-Dec 7 Tue or Thu only 7:45-8:15 am

Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$9 per resident senior (plus \$3 shoe rental)
\$11 per non-resident senior (plus \$3 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at 770-0055

Seniors Ongoing Fri 1-3:30 pm

AARP Driver Safety Refresher Course

Would you like to be more confident behind the wheel? Then we have a class for you! This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last four years. You will learn better driving techniques and ways to spot and correct bad driving habits, save on auto insurance and help to maintain mobility and independence after completing this great course.

Fee: \$15 (AARP members; \$20 non-members) –
1 Class session (check made payable to AARP)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. On-line Registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8518 Seniors Nov 3 Fri 8:30 am-1 pm

A Matter of Balance Workshop

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall factors, and learn simple exercises to increase strength and balance.

Location: Lake Forest Recreation Center
(28000 Rancho Pkwy)

To Register: Mail-In, Walk-In. Online Registration is not available for this program.

Fee: Free (\$10 optional materials fee)

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8529 Seniors Oct 3-Nov 21 Tue 9:30-11:30 am

Medicare's Enrollment

HICAP Enrollment Clinic For 2018!

It's That Time of Year Medicare Annual Enrollment

Have you Assessed Your Health and Drug Plan?

Unsure of which plan maximizes your benefits? Make an informed decision! At a HICAP Annual Enrollment Clinic you will learn about the new 2018 Medicare Health and Drug Plans. HICAP counselors will provide you with health and drug cost comparison analysis of your options. This year, we are pleased to announce that Lake Forest Senior Center will host one of these clinics on November 14 from 8 am to 5 pm. Call (949) 461-3408 to schedule an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) is part of the nationwide network of State Health Insurance and Assistance Programs (SHIP). HICAP counselors are registered with the state of California, to provide free, unbiased and confidential Medicare counseling to Orange County residents.

HICAP

Health Insurance Counseling and Advocacy Program

What is Medicare? When can I enroll? Am I eligible? How do I sign up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get unbiased information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

- Your rights as a health care consumer
- Medicare benefits, including how to appeal Medicare and HMO denials
- Medicare and health insurance jargon
- Private Medicare supplemental health insurance policy benefits and exclusions
- HMOs and how they work including emergency assistance with denials
- Long-term care insurance

To Make an Appointment, Please Call 461-3408 and Leave Your Name and Phone Number.

Appointments are available from 10 am-2 pm on the **second Tuesday** of the month: Sep 12, Oct 10, and Nov 14 (clinic).

EXCURSIONS

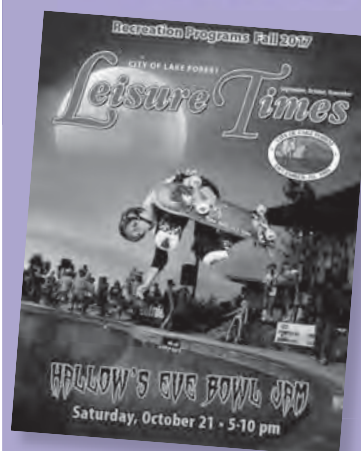
The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. **Tickets that are purchased for City of Lake Forest Excursions are non-transferable.**

The following excursions are large City excursions (may accommodate up to 45 participants). Registration begins for these excursions for Lake Forest Residents on Tuesday, August 8 and Non-Residents on Tuesday, August 15. Registration for large City excursions is ongoing.

Excursion Refund Policy: *In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee. In the case that the City is not able to fill the spot, no refund will be given.*

Registration for senior mini-excursions is the first Wednesday of each month at noon, taking place in the Senior Scene Clubhouse. (May accommodate up to 13 participants)

Done with this brochure?



Don't throw it away! Pass it on to your friends and family so they can sign up for our great Fall programs too!



One Day At A Time TV Taping @Sony Studios-Culver City

This comedy is a reimagined version of the 80s hit, this time centering on a Cuban-American family. The show stars Justina Machado, a recently separated former military mom who lives with her old school Cuban mom and her two children. This mismatched family will make you laugh about the everyday situations in life.

On the way to the TV Taping, snacks will be served and on the way home a box lunch will be provided (sandwich, chips and cookie.)

Note: Everyone will be asked to present a valid legal photo ID (driver's license, passport, state ID, military or school). The studio does not allow cell phones, cameras, or electrical devices of any kind, weapons, backpacks, or any large bags. No exceptions.

Fee: \$20 (includes box lunch)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Barcode#: 8519 Adult Sep 12 Tue 2-10:30 pm

The Queen Mary Haunted Encounters Tour and Dinner at Islands Restaurant - Long Beach

Get a detailed overview of the Queen Mary's most haunted areas and paranormal hotspots. A docent will take you on a 1 hour tour to explore the ship inside and out and hear stories about the ship's most famous reported apparitions. Afterwards...take your time and explore for yourself! Once your sea legs are back to normal...off to Islands Restaurant for dinner!



Fee: \$46 (Price Does Not include Islands Restaurant)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest 461-3450

Barcode#: 8520 Adult Oct 18 Wed 1:30-8:30 pm

SENIOR EMERITUS CLASSES through Saddleback College

Emeritus classes are offered for active seniors. The City of Lake Forest partners with Saddleback College's Emeritus Program to offer courses especially designed to meet the education and recreational interests of seniors. Pre-registration is recommended for all classes.

All Senior Emeritus Classes through Saddleback College are FREE of charge.

Emeritus Main Office: 949-582-4835

Saddleback College Emeritus Institute Online

To view entire Registration Instructions, please visit saddleback.edu/uploads/emmeritus/dponlineregistrations.pdf

- Log in to Mysite
 - Go to Saddleback.edu
 - Login and Password Box
- Go to Registration
 - Click My Classes and Register
- Update your information
 - Answer all questions with a red*
 - Important Social Security Number Information
- Register for Classes
 - Enter Class Ticket Number, then click: Add Class
- Finish
 - Registration Confirmation Screen: Lists all classes for which you registered.

Wearable Art (SC)

Design and construct a garment incorporating techniques such as applique, surface design, bobbin work, fabric manipulation, dimensional texture and collage. Designed for the older learner.

Instructor: Emeritus Staff

Location: CH-Lounge

**Tic#: 14040 FASH 124x Seniors Aug 21-Dec 18 Mon 9-11:50 am
No class Sep 4**

Registration for all Senior Emeritus classes is done through Saddleback College and Irvine Valley College directly. City of Lake Forest registration methods DO NOT apply to Emeritus class registration.

Beginning Chinese Brush Painting (SC)

Introduction to the techniques of Chinese Brush Painting including concepts in the design and composition of traditional subjects, mounting of completed paintings. Designed for the older learner.

Instructor: Emeritus Staff

Location: CH-CCB



Tic#: 14185 ART 55Xa Seniors Aug 21-Dec 18 Mon 9-11:50 am
No class Sep 4

Beginning Practical Spanish (SC)

Basic fundamentals of Spanish for the older adult. Includes reading, comprehension, speaking, and writing. Emphasis will be placed on development of conversational skills.

Instructor: Emeritus Staff

Location: CH Activity Rm

Tic#: 14185 SPAN 230x Seniors Aug 22-Dec 19 Tue 2-3:50 pm

Birds of the World (SC)

Includes bird ancestry, evolution, systematics, distribution, topography, behavior (song, territoriality, migration) and techniques of field identification of birds. Designed for older adults who wish to actively participate in a course outdoors. Includes field trips to local sites.

Instructor: Emeritus Staff

Location: Sports Park Mtg Rm 2

Tic#: 14185 BIO 226X Seniors Aug 23-Dec 20 Wed 8:30-11:20 am

Advanced Practical Spanish (SC)

Designed to develop fluency in Spanish. The emphasis is on expression and conversation in Spanish.

Instructor: Emeritus Staff

Location: CH Activity Rm

Tic#: 13575 SPAN 232x Seniors Aug 24-Dec 14 Thu 9-10:50 am
No class Nov 23

Current Issues in Government (SC)

Exploration of current issues and loads, environment, terrorism, and conflicts. Focuses on the impact of these events on the lives of older adults.

Instructor: Emeritus Staff

Location: CH Lounge

Tic#: 13860 PS214 Seniors Aug 24-Dec 14 Thu 10:30 am-12:20 pm
No class Nov 23

SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

Registration For Senior Emeritus Classes Only

To register for the Emeritus Classes the following options are available.

On-Line Registration log onto www.123getsmart.com

- Click on the button **"Register for Emeritus Classes"**
- Click on the link in the left column **"Emeritus"**
- Select **"Class Category"** (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the **"Class Course Number"** for the section you want
- Click the **"Add"** button
 - **RETURNING STUDENTS ONLY:** Enter your **"Account number and Pin Number"**
 - **NEW STUDENTS ONLY:** Proceed to click on **"Create New Account."** (your previous IVC Student Number and Pin Number do not work on this system)
 - Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button **"Add new family member"** after you have completed the information for the primary contact.
 - The class will now be added. You can select under the **"Client"** column whom you would like registered in the course.
 - Choose the button to continue **"Shopping for more classes"** or **"Go to checkout"**
- Complete your credit card information and click on **"Complete Transaction"**
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

Phone Registration

Call 949-451-5555 Monday through Friday 9 am-5 pm

Mail form and payments to:

IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270

Art Classes

Beading & Stringing (IVC)

Class will focus on beading, how to buy beads, tools, and materials. Students will learn about foundational structure, color and design, marketing and selling, and artistic sensibilities versus traditions and trends. This course encourages students to find their artistic voice. Students are encouraged to bring any beading supplies they currently own. A list of items to purchase will be given to the students after the first class.

Instructor: Emeritus Staff

Fee: \$40

Location: Meeting Rm 1

Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 90265 Seniors Thu Aug 24-Dec 14 1-3:50 pm
***No class Nov 23**

Fitness

Dyna-Band Workout (IVC)

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low- impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Instructor: Emeritus Staff

Fee: \$25

Location: Lake Forest Community Center
 (25550 Commercentre Dr)

Tic#: 68170 Seniors Tue Sep 19-Dec 5 12:30-2 pm

Pilates

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Class includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Instructor: Emeritus Staff

Fee: \$30

Location: Lake Forest II Sun & Sail Club
 (24752 Toledo Way)

Tic#: 68215 Seniors Tue Sep 19-Dec 5 10-11:30 am

Aquatic Fitness Training (IVC)

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Instructor: Emeritus Staff

Fee: \$20

Location: Lake Forest I Beach & Tennis Club (22921 Ridge Route)

| | | | | |
|--------------------|----------------|---------------|----------------------|------------------|
| Tic#: 90090 | Seniors | Tu, Th | Sep 19-Oct 12 | 2-3:30 pm |
| Tic#: 90095 | Seniors | Tu, Th | Oct 17-Nov 9 | 2-3:30 pm |
| Tic#: 90100 | Seniors | Tu, Th | Nov 14-Dec 12 | 2-3:30 pm |

Physical Fitness (IVC)

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Instructor: Emeritus Staff

Fee: \$30

Location: Lake Forest Recreation Center (28000 Rancho Pkwy)

Tic#: 67900 Seniors Thu Sep 7-Nov 30 10-11:30 am
***No class November 23**

Yoga (IVC)

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Instructor: Emeritus Staff

Fee: \$38

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 67905 Seniors Wed Sep 6-Dec 6 1-2:30 pm

Tai Chi Ch'uan (IVC)

Tai Chi Ch'uan, an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure and the philosophy of tai chi ch'uan.

Instructor: Emeritus Staff

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 68250 Seniors Wed Sep 6-Dec 6 9-10:30 am

Advanced Tai Chi Ch'uan (IVC)

This class is an advanced tai chi class for students GuangPing Yang tai chi.

Instructor: Emeritus Staff

Fee: \$25

Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 68075 Seniors Wed Sep 6-Dec 6 10:30 am-12 pm

HOW TO REGISTER

Fall 2017 Registration Dates

Lake Forest Residents: Tuesday, August 8

Non-Residents: Tuesday, August 15

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, August 8**.

Go on-line to <https://online.activecommunities.com/lfreconline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Classes or on the left hand side of the home page.



2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration,
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), or the Lake Forest Recreation Center (28000 Rancho Parkway), Lake Forest, CA 92630.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of City excursions and day camp programs, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.

Questions on Registration? Call 461-3450





City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____ First Name _____ ☐ Male ☐ Female
 Birthday _____ (mm/dd/yy) Email _____
 Street Address _____ City, State, Zip _____
 Preferred Contact Phone Number () _____
 Emergency Contact _____ Emergency Phone () _____

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

| Last Name | First Name | Birthday | Sex |
|-----------|------------|------------|---|
| | | (mm/dd/yy) | <input type="checkbox"/> M <input type="checkbox"/> F |
| | | (mm/dd/yy) | <input type="checkbox"/> M <input type="checkbox"/> F |
| | | (mm/dd/yy) | <input type="checkbox"/> M <input type="checkbox"/> F |

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

| Barcode # | Participant Name | Birthday | Sex | Activity Name | Fees |
|---|------------------|------------|---|---------------|----------------------------|
| | | (mm/dd/yy) | <input type="checkbox"/> M <input type="checkbox"/> F | | |
| | | | | | |
| | | | | | |
| Please send a separate check for each activity | | | | | Total Activity Fees |



If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.

REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. ☐ Yes ☐ No
 I further agree to pay any and all costs incurred as a result of said treatment.
 I permit the use of activity/event photography and/or video of my child or myself for media promotion. ☐ Yes ☐ No
 Please contact me via email regarding upcoming city events and news at: _____ ☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

 (Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

Questions on
Registration?
Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

| | | | | |
|-----------------|--------------|-------------------|-------------|------------|
| Office Use Only | Paid By | Paid By: | Credit Card | Initial/ |
| Receipt # _____ | Check# _____ | Cash Amount _____ | Type _____ | Date _____ |

NOT FOR EMERITUS PROGRAM REGISTRATION

Whiting Ranch
Wilderness

CITY PARKS

| | | Acres | Barbecues | Baseball | Basketball | Multi-Use Fields | Outdoor Exercise Equipment | Picnic | Playground | Restrooms | Soccer | Tennis Court | Walking Path |
|-----------|---|-------|-----------|-----------------|-----------------|------------------|----------------------------|----------------------|------------|-----------|--------|----------------|--------------|
| 1 | Alton Park 18992 Alton Parkway | 2.3 | 4 | 1 ^{hc} | | | | 9 1 ^s | 1 | | | | |
| 2 | Baker Ranch Community Park 26380 Rancho Parkway | 8 | 2 | 1 | 1 | 1 | | 2 | 1 | 1 | 1 | | |
| 3 | Barker Ranch Dog Park 26500 Baffin Bay Drive | 0.5 | | | | | | | | | | | |
| 4 | Borrego Park 26982 Cabriole | 11 | 5 | | 1 ^{fc} | | | 11 | 1 | 1 | 1 | | 1 |
| 5 | Borrego Overlook Park 21 Viaggio Lane | 1.6 | 3 | | | | | 5 | 1 | | | | |
| 6 | Cavanaugh Mini Park 23782 Cavanaugh Road | 0.2 | | 1 ^{hc} | | | | 1 | 1 | | | | |
| 7 | Cherry Park 22651 Cherry Avenue | 4.5 | 3 | 1 ^{hc} | | | | 9 1 ^s | 1 | | | | |
| 8 | Concourse Park 18931 Saddleback Ranch Road | 7 | 2 | 1 ^{hc} | | 1 | | 4 2 ^s | 2 | 1 | | | 1 |
| 9 | Darrin Park 22461 Cherry Avenue | 3.1 | 6 | 1 ^{hc} | | | | 11 1 ^s | 1 | | | | |
| 10 | El Toro Park 23701 Los Alisos Boulevard | 10 | 2 | | | 1 | | 7 1 ^s | 1 | 1 | | 2 ^L | |
| 11 | Etnies Skatepark of Lake Forest 20028 Lake Forest Drive | 5.3 | | | | | | 3 | 1 | | | | |
| 12 | Foothill Ranch Community Park 19422 Rue De Valore | 15.5 | | 2 | 1 ^{fc} | | | 9 | 2 | 1 | 1 | 2 | 1 |
| 13 | Heroes Park 25420 Jeronimo Road | 12.4 | 1 | 4 ^L | 1 ^L | | | 2 | 1 | | | | |
| 14 | Lake Forest Park 24000 Serrano Road | 2.3 | | | | | | 1 | | | | | |
| 15 | Lake Forest Sports Park/ Recreation Center 28000 Rancho Parkway | 86 | 8 | 5 | 2 | 3 | 1 | 8 s | 2 | 2 | 5 | L | 1 |
| 16 | Montbury Park 21962 Montbury Drive | 3.5 | 1 | | | | | 2 | | | | | |
| 17 | Mountain View Park 24061 Dylan Street | 5.3 | 2 | 1 | 1 ^{fc} | 1 | | 9 1 ^s | 2 | 1 | | 2 ^L | |
| 18 | Nature Park 26215 Dimension Drive | 4.5 | | | | | | 7 1 ^s | | | | | 1 |
| 19 | Peachwood Park 21132 Peachwood | 2.7 | | | | | | 5 1 ^s | 1 | | | | |
| 20 | Pebble Creek Park 26441 Pebble Creek Road | 1.9 | | | | | | 1 | 1 | | | | |
| 21 | Pittsford Park 21701 Pittsford Drive | 10 | 2 | | | | | 8 1 ^s | 2 | 1 | | 2 | 1 |
| 22 | Portola Park 28040 Glenn Ranch Road | 5 | | | | | | | | | | | |
| 23 | Rancho Serrano Park 20842 Paseo Sombra | 5.1 | 3 | | | | | 7 | | | 1 | | |
| 24 | Ranchwood Park 22500 Kilby Street | 1.9 | | | 1 ^{hc} | | | 1 | | | | | |
| 25 | Regency Park Regency Lane & Osterman Road | 5 | | | | | | | | | 1 | | |
| 26 | Rimgate Park 29772 Rimgate | 5 | 1 | | 1 ^{fc} | | | 7 1 ^s | 3 | 1 | | 1 | |
| 27 | Serrano Creek Park 25101 Serrano Road | 44 | 3 | | | | | 13 1 ^s | 1 | 1 | | | 1 |
| 28 | Sundowner Park 22041 Sundowners Lane | 0.8 | 1 | | | | | 2 | 1 | | | | |
| 29 | Tamarisk Park 22001 Tamarisk | 11.2 | | 1 | 1 ^{fc} | | | 11 | 1 | 1 | | | |
| 30 | Village Pond Park 23102 Ridge Route Drive | 4.7 | | | | | | 3 | | | | | |
| 31 | Vintage Park 21000 Vintage Street | 4.8 | 5 | | 1 ^{fc} | | | 11 | 1 | | | | |
| 32 | Whispering Hills Park (Future Site) | | | | | | | | | | | | |



park shelter available for reservation



under construction



gymnasium



roller rinks

• ^{fc} full court • ^L lights
• ^{hc} half court • ^s shelter

OTHER FACILITIES

| | | | |
|-----------|--------------------------------------|-------------------------|----------|
| F1 | City Hall /Community Center | 25550 Commercentre #100 | 461-3400 |
| F2 | Heritage Hill Historical Park | 25151 Serrano Road | 923-2230 |
| F3 | Lake Forest Golf | 23308 Cherry Avenue | 859-1455 |

Happy Halloween

from the Senior Scene Clubhouse!



To view all senior programs, see pages 24-34 inside.